

FOREWORD.

Air is the quickening principle of life in all living organisms including human beings, and the part it plays in the economy of life cannot therefore be overstated. The author of this booklet has laid the educated world under a deep debt of gratitude by revealing in it, a body of principles which used to regulate the well-balanced life of the ancient Rishies assuring them grand success in all departments of human activity and leading them finally to the eternal Beatitude which is the ideal of Vedic Faith.

The chief merit of this short work lies in giving us the key not merely to understand the principles of regulating the life breaths and obtaining its maximum results, but also to avoid the pit falls which their breach entails. The chart he has furnished helps any layman to find out at any given moment where he stands with reference to an ideally balanced life, as well as to alter the life breaths so as to attune them to the ideal life, whenever he happens to deviate from the same.

The author is an ardent student of Yoga Sadhana in all its aspects and this booklet is the first of a series of works he is preparing in the subject. I have no doubt that the public will derive great benefit from this, his maiden contribution to the Yogic literature.

Vimarsa Siromani,

(Late.) Sri G. RAMAKANTACHARYULU.

Author of :

- (1) In the temple of truth.
- (2) The place of Sankara in Hinduism.
- (3) Gita Rahasya Jijnasa.
- (4) Nrisimha Stotra Ratna.
- (5) Bhagavadavatara Sangraha etc.